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Motor connection falls under suspicion in workplace accident

4,000-pound device was linked to a crane before crushing a man, says official **PAGE 4**

'SHE KNOWS THIS IS WHAT I LOVE TO DO'

MOOSEHEAD MACAULAY FINDS COMFORT ON THE ICE AFTER HIS MOTHER'S DEATH **PAGE 33**



SNOW MUCH FOR SPRING

Kids head up Citadel Hill near the Clock Tower in Halifax on Wednesday after an overnight storm cancelled school and other programs in HRM. Up to 20 centimetres of snow fell on parts of HRM to welcome in the first day of spring. Story, page 6. **JEFF HARPER/METRO**

New fire fee in the works

Cost recovery. Proposal is to charge local daycares and bars for inspections

The Halifax fire service is proposing bringing in up to \$600,000 a year by charging bars and daycares for regular fire-code inspections.

Chief Doug Trussler raised the suggestion during a budget presentation to the city's audit and finance committee Wednesday morning.

"We already do the inspections, again the idea is to just recover the cost," he said.

Trussler said other facilities that require inspections, such as large highrise apartment buildings, would be phased in over time.

Deputy Chief Roy Hollett said after the meeting that Halifax is one of only a few major fire services that doesn't charge for the inspections.

"We commit to the time to a business (that is) in busi-

ness to make money, we're providing our cost at no service and it's to their benefit," he said.

The per-hour fee for an inspection would be about \$65, though council could ask for a flat inspection fee that would bring in roughly \$300,000 per year.

The expectation is that over time, the fees will make inspections cost-neutral.

Trussler also told the committee the department wants to close down five rural sub-stations in order to save \$80,000 annually.

Trussler said the sub-stations — Mooseland, Terence Bay, Elderbank, Upper Hammonds Plains and Ketch Harbour — are "underutilized," noting Mooseland hasn't responded to a call in three years.

"These stations have no operational volunteers directly assigned to them.... It will have a negligible effect on emergency response," he said. "Basically they add no value to our service."

RUTH DAVENPORT/METRO



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Budget focus on 'unstructured play' aims to get kids moving

Community and recreation.

Department makes outdoor kids' programming a priority for 2013-14



RUTH
DAVENPORT

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The draft budget for HRM community and recreation services includes several initiatives focused on getting kids off the couch and off the streets.

Brad Anguish, director of community and recreation services, presented the document to the audit and finance committee on Wednesday. Among its proposals are two new programs for at-risk youth, expansion of the existing Jumpstart and Adventure Earth programs, the launch of year-round use of the Emera Oval and the introduction of free swimming les-

Open it, and they will come

"If you look at the success of the Oval, we've gone to great lengths to make sure it's fully accessible all times of day."

Brad Anguish, director of community and recreation services

sons at all HRM beaches.

"What we're proposing is to open this up, forgo the revenues, get more kids with access to swimming lessons and highlight our natural assets," Anguish said.

He said any new or expanded programming will focus on "unstructured play," meaning access to facilities that doesn't have to be planned, booked or paid for.

Anguish said his department is working with the Halifax Regional School Board to gain more access to school gyms — which prompted some councillors to wonder why the city has to ask in the first place.

"That's a horrendous peeve



If approved, the 2013-14 budget would introduce year-round use of the Emera Oval, among other programs. METRO FILE

of mine, considering HRM puts \$20 million in supplementary funding into the school board every year," Coun. Barry Dalrymple said. "In my area,

we cannot book an hour, yet the school gyms remain empty, night after night, morning after morning."

Anguish also said his de-

partment is adding six full-time staff and three interns in the hope of reducing the time frame for development approvals.

Plenty of 'big ideas' for active transportation in HRM

Municipal staff are hoping to make some connections in a new series of open houses.

On Wednesday evening, HRM held the first of six public sessions on active transportation, which saw people drop by to pick their top five "big ideas" for bike routes or greenways.

"I think it's a great opportunity to come have your input and say what's needed here," John MacLennan, 74, said at the

Cole Harbour meeting.

MacLennan, who often bicycles across the Macdonald Bridge, said cycling is cheaper than a vehicle, better for the environment and keeps you healthy.

"There's so much traffic going into the peninsula now and it's difficult to find parking spots," he said. "It gives people an alternative means ... so they don't have to take their car."

Why not drop by?

- The next public session is at the Olympic Community Centre in Halifax on Thursday from 4 to 8:30 p.m.

When people come into these sessions, they are given five stickers to put beside the

top ideas they want to see happen in HRM. Only three can be ideas for your own district, since staff have to look at the whole region.

During the presentation, staff emphasized the need to connect existing trails into a broad network so people can bike or walk from Eastern Shore to downtown Halifax to Timberlea without running into traffic.

"Making connections, we think, is the priority," said David MacIsaac, HRM transportation demand supervisor.

"If you're a new cyclist, you're on your own separate little pathway but then when it ends it's intimidating, and it's a barrier. If we make those facilities connect, we can get a lot more people biking, a lot more people walking."

HALEY RYAN/METRO

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1 NEWS

Chronicle-Herald. Paper officially confirms end of its Sunday edition

The Chronicle-Herald has confirmed it will stop publishing its Sunday edition next month.

Mark Lever, hired as company president and CEO only a year ago, said Wednesday there will be no job losses after the final Sunday edition rolls off the presses April 14.

Instead, the paper's Saturday edition and online presence Sunday will be expanded to accommodate more local content and new columnists, he said.

"To the naysayers that see this as the continuing demise of print products, you'll see it on Day 1 as the evolution of what print media can do," Lever said in an interview.

"Print journalism will be around for a very long time, but it needs to adapt like any form of business."

Though the Sunday edition was considerably smaller than its Saturday cousin, Lever said the Sunday paper did not see a decline in readership over the years.

He said the changes are

Quoted

"We're very confident that this rethought weekend product will be a two-day read."

Chronicle-Herald president & CEO Mark Lever

part of a larger redesign of the entire newspaper and a "freshening" of its website, which was redesigned in October 2011.

The newspaper's union said earlier this month that employees were told of the plan to scrap the Sunday edition.

The 189-year-old newspaper is the most widely circulated daily in the Atlantic region. Its Sunday edition first appeared 15 years ago in response to growing competition from the Halifax Daily News, which folded five years ago.

At the time, Lever said, managers had considered killing the Herald's Sunday edition, but that decision was put on hold. **THE CANADIAN PRESS**

Motor possibly connected improperly before crushing man's legs: Province

Workplace accident. Department of Labour investigating incident



HALEY RYAN
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There may have been a problem with how a 4,000-pound motor that fell on a 44-year-old man was connected to a crane, a Department of Labour spokesperson said on Wednesday.

Rodney Woodworth, regional director for the department's Occupational Health and Safety division, said they are continuing to investigate the workplace accident at the old Citadel hotel site on Tuesday night.

"In the area where the incident occurred, there's a stop-work order," Woodworth said.



Work was stopped on part of a construction project at the former Citadel hotel site on Brunswick Street on Wednesday after an accident Tuesday. JEFF HARPER/METRO

"That would involve the crane that was being used at the time of the accident."

On Tuesday evening, Woodworth said workers were installing a hoist on the exterior of the future hotel, which would lift materials and personnel up and down the building during construction.

Woodworth said during the installation, a couple of

the 4,000 pound motors used to power the lift fell off the crane's load and hit an employee below.

"Our preliminary investigation is showing that there might have been a problem with the way the motors were connected to the crane, or there might have been problems with the motors themselves," Woodworth said.

Under construction

SilverBirch Hotels and Resorts is partnering with the Hilton chain to bring two hotels to the location in spring 2014.

But Woodworth added everything had been done according to safety regulations, and the hazard wouldn't normally have been there for the worker, who was standing to the side of the crane.

It took a dozen firefighters and rescue equipment to get the motor off the man, who saw his lower body crushed. He remains in hospital with serious injuries to his lower body.

"Right now our thoughts are with the injured employee," Woodworth said. "Our main goal is to ensure that this type of incident doesn't reoccur."

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Spring has sprung – not

Brrr. Equinox comes with a blanket of snow for the Halifax region

KAYLA
WOODSIDE
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Normally, expectations for the start of spring come with a more happy-go-lucky feeling, but Halifax residents weren't very cheery Wednesday when they awoke to a heap of snow.

As cleanup got underway after a significant amount of snow fell overnight Tuesday, some people found themselves angered, disappointed and, yes, stuck.

"I didn't even get fully into the parking spot," Monika Wile said after she finally was able to get back on the road after her vehicle got stuck in the south end of the city.

Environment Canada meteorologist Richard Lafortune said around 16 centimetres



A cross-country skier heads past the Armoury on the Halifax Common on Wednesday afternoon. The weather cleared after an early-morning storm brought plenty of snow on the first day of spring. JEFF HARPER/METRO

Says everyone

"I'm ready for winter to be over with."

Local Evan King, as he walked on the Halifax Common

of snow came down at Halifax Stanfield International Airport. Most areas of HRM got between 15 and 20 centimetres, he said.

"It's a great introduction to spring," said Rose Zwamburg sarcastically as she

walked her dog in the snow on the Halifax Common.

What a difference a year makes. Last year on March 20, the people of Halifax were in shorts and T-shirts as a record temperature of 20 C was reached.

"Hopefully we won't have too much more of this. I've

pretty much had it," Lafortune said.

In what may be a small consolation, the storm Environment Canada had anticipated on Friday is looking like it will only be a few centimetres.

"It looks like less than five for HRM," said Lafortune.

StFX. Scaffolding collapse sends two to hospital

Two construction workers were taken to hospital after falling from scaffolding at St. Francis Xavier University.

The men were standing on scaffolding at the site of two new residences in Antigonish when it collapsed on Wednesday.

Bird Construction spokesman Rene Cox says the men fell about six metres.

He says both men were taken to the local hospital after the accident, but one was later transferred to Halifax with more serious injuries.

Chrissy Matheson, a spokeswoman for the provincial Labour Department, says occupational health and safety officials are investigating.

She says a stop-work order is in effect at the construction site until further notice.

THE CANADIAN PRESS



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Large-cities category

Halifax 6th top place to live: MoneySense

Halifax has landed a spot among the top-10 places to live in Canada, according to MoneySense magazine's annual findings.

Halifax came sixth in the large-cities category, beating out Toronto, Vancouver and Quebec.

For the best overall cities category, Halifax finished 20th out of 200. The rankings are based on employment figures, crime, weather and household income.

Calgary claimed top spot for the best place to live for the first time, beating out three-time champion Ottawa.

HALEY RYAN/METRO

Arrest made

Drunk man waved knife at store security guard: Police

A 31-year-old is facing charges after police say an intoxicated man pulled a knife on a security guard outside a Nova Scotia Liquor Corporation outlet in Halifax.

Police say around 9:15 p.m. on Tuesday, workers inside the store refused to let the man buy anything because he was drunk.

The man, police say, became belligerent with staff and was later removed by store security. When he was outside, it's alleged he produced a knife and started waving it at the security guard.

Police were called and the suspect was arrested.

METRO



Fire crews pack up after battling an early-morning blaze at Seamasters in Dartmouth on Wednesday. JEFF HARPER/METRO

More than 20 boats damaged in morning fire

Dartmouth. Firefighters battle flames and smoke as snow falls



PHILIP CROUCHER
philip.croucher@metronews.ca

Fire investigators were on scene all day Wednesday after an early-morning fire damaged more than 20 boats at Seamasters Marine Services in Dartmouth.

Halifax Regional Fire's division commander Mike Blackburn said firefighters were called to 647 Windmill Dr. at 6:30 a.m. Wednesday, and ar-

Police presence

Halifax Regional Police were on scene to assist firefighters. If the fire is considered suspicious, police then take over the file as an arson investigation.

rived to find about two dozen boats were on fire in the storage yard.

"There was severe damage to 20-plus boats," he said.

Four fire trucks and about 20 firefighters were needed to put out the blaze, which resulted in heavy flames and smoke.

"Obviously when you're faced with that many boats —

fibreglass and plastic — they were stored for the winter," Blackburn said. "It was a great amount of fire."

Chris Mills, the manager at Seamasters Marine, didn't want to speak much about the fire on Wednesday. He said he hadn't been able to determine the level of damage himself because investigators have the scene blocked off.

He said he also wants to talk to his customers first who had their boats damaged.

"I just don't know enough to say anything right now," he said.

Blackburn was hoping a cause of the fire could be determined sometime Thursday.

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'We're going to stop these pipelines'

First Nations. Aboriginal groups say stakes are so high, they'll keep fighting Keystone XL and Northern Gateway

An alliance of First Nations leaders is preparing to fight proposed new pipelines in the courts and through unspecified direct action.

Native leaders from Canada and the United States were on Parliament Hill Wednesday to underline opposition to both the Northern Gateway and Keystone XL pipelines.

The first would tie the Alberta oil sands to the West Coast, while the second would send bitumen to refineries on the American Gulf Coast.

Natural Resources Minister Joe Oliver said the federal government is consulting with

Save the earth

"We're the ones that's going to save whatever we have left of this earth."

Chief Martin Louie of the Nadleh Whut'en First Nation in northern B.C.

First Nations and is ready to hear their concerns.

"We're making every effort to respond to the concerns we have heard on the West Coast," he said after a caucus meeting.

"They want to do the best for their communities and we want to do the best for their communities as well. So I remain very hopeful."

Some of the chiefs brushed off the federal government's appointment this week of a special envoy to look at tensions between natives and the energy industry.

Chief Allan Adam of the



Phil Lane Jr., of the American Yankton Sioux Nation, says native groups south of the border will stand with their Canadian cousins in their protest of Northern Gateway and Keystone XL pipelines. ADRIAN WYLD/THE CANADIAN PRESS

Athabasca Chipewyan First Nation said natives are determined to block the pipelines.

"It's going to be a long, hot summer," he said at a news conference.

Phil Lane Jr. of the Amer-

ican Yankton Sioux said native groups south of the border will stand with their Canadian cousins.

"We're going to stop these pipelines one way or another," he said. THE CANADIAN PRESS

Teen football players

Girl, 13, taunted in sexual-assault case

Two members of the Torrington, Conn. High School football team have been charged with sexually assaulting a 13-year-old girl, who has been taunted on social media sites in recent weeks by dozens of classmates upset at the allegations.

The Register Citizen

reports the two 18-year-old football players, Edgar Gonzalez and Joan Toribio, have been charged with felony second-degree sexual assault and other crimes in an investigation that began last month. Both have pleaded not guilty.

The newspaper reports social media posts by classmates taunting the accuser have been vulgar, blaming her for ruining the players' lives.

THE ASSOCIATED PRESS

Targeted? Shooter kills head of Colorado prisons

Colorado's top state prison official was shot and killed when he answered the front door of his house, setting off a hunt for the shooter and raising questions about whether the attack had anything to do with his job.

Tom Clements, 58, was shot around 8:30 p.m. Tuesday in Monument, north of Colorado Springs, and a witness reported a person driving away in a dark-coloured "boxy" car that had its engine running at the time of the shooting, authorities said.

Investigators were exploring all possibilities, including

that the shooting could have been related to Clements' job as executive director of the Colorado Department of Corrections.

While the motive of the killing wasn't immediately clear, similar attacks on officials have been on the rise in the U.S., said Glenn McGovern, a California investigator who tracks such incidents worldwide.

The attacks are often motivated by revenge, said McGovern, who has documented more than 133 attacks since 1950. THE ASSOCIATED PRESS



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Obama reassures his anxious Israeli allies

First presidential visit.
Leaders have historically
buted heads over Iran,
Israeli settlements

Seeking a fresh start to a strained relationship, U.S. President Barack Obama and Israeli Prime Minister Benjamin Netanyahu demonstrated on Wednesday solidarity on the key issues that have stirred tensions between them.

The U.S. president vowed he would do "what is necessary" to prevent Iran from obtaining a nuclear weapon, while Netanyahu reaffirmed that his newly formed government seeks a two-state solution to Israel's decades-long dispute with the Palestinians.



U.S. President Barack Obama called Israeli Prime Minister Benjamin Netanyahu by his nickname, "Bibi," during the visit. CAROLYN KASTER/THE ASSOCIATED PRESS

Obama, in Israel for the first time in his presidency, also pledged to investigate reports that Syria had used chemical weapons in its civil war. In addition, he

sternly warned Syrian leader Bashar Assad that use of such weapons would be a "game-changer," one that could potentially draw the U.S. military into the conflict.

"Once you let that genie out of the bottle, then you are looking potentially at even more horrific scenes than we have already seen in Syria," Obama said. "And the international community has to act on that information."

Expectations were low for a breakthrough during Obama's visit on any of the major issues roiling the region. Instead, the president was focused on reassuring anxious Israelis that he is committed to their security and on resetting his rocky relationship with Netanyahu.

The two leaders have been at odds over Israeli settlements and Iran's disputed nuclear programs, and Netanyahu famously lectured Obama in front of the media in the Oval Office on Israel's right to defend itself. **THE ASSOCIATED PRESS**



A confident reply by MP Justin Trudeau on Tuesday night CONTRIBUTED/IMGUR.COM; INSET: FRED CHARTRAND/THE CANADIAN PRESS

'Just watch me' defeat Harper: Justin Trudeau

Forty-two years after it was first uttered — in very different circumstances — the Trudeau challenge is back.

"Just watch me," Justin Trudeau scribbled in a note on Tuesday night, when a fellow passenger on his flight asked whether the Liberal leadership contender could defeat Prime Minister Stephen Harper.

"Justin, can you really beat Harper?" Michael Kydd wrote on a note he passed to Trudeau. "Wishing you all the best!"

Trudeau replied by invoking

his father's famous phrase during the FLQ crisis of 1970, when a band of Quebec separatists kidnapped a British diplomat and a cabinet minister.

Then-Prime Minister Pierre Trudeau was asked by a reporter how far he would go in the suspension of civil liberties during the crisis.

"Well, just watch me," he said at the time.

It turns out Kydd will be "just watching" Trudeau, however. Kydd acknowledged he's a lifelong Conservative.

Harper's communications

director, Andrew MacDougall, was having some fun, too, on Wednesday. MacDougall put out his own scribbled note. A photo was posted on Twitter with a question: "Hey Andrew, what do you think about Justin Trudeau's 'just watch me' quote? Best, Dom."

The reply: "Hey Dom: Fuddle Duddle! Andrew."

("Fuddle duddle" was what Pierre Trudeau claimed he said during a stormy session in the Commons. Others said it was a well-known obscenity.)

TORSTAR NEWS SERVICE

Disposal

Nuclear waste spikes deficit by \$2.4 billion

A sudden \$2.4-billion revision to Canada's nuclear liabilities has crept up on Finance Minister Jim Flaherty and substantially deepened the deficit for the current fiscal year.

The Atomic Energy of Canada quietly announced Tuesday night that the expected long-term cost for disposing of nuclear waste has risen.

THE CANADIAN PRESS

Federal appeal

Court told ban on assisted suicide akin to 'torture'

Forcing patients to suffer agonizing deaths without the power to ask a doctor to end their lives is like "torture," a lawyer told the B.C. Court of Appeal Wednesday.

Joseph Arvey said the ban leads patients to end their lives early because they know they won't receive help if they become debilitated later.

The appeal stems from a decision last year that found the federal law banning assisted suicide unconstitutional.

THE CANADIAN PRESS

Social media giants ignoring Canadian privacy laws: Report

Personal data. Sites are supposed to let users know what information is being collected about them — but they rarely do, a researcher says



LUKE SIMCOE

luke.simcoe@metronews.ca

Many of the most prominent social-media companies are failing to comply with Canadian privacy laws, says a new report.

The study, authored by University of Victoria researcher Chris Parsons, found sites like Facebook, Twitter and Tumblr are “lacking at best, and entirely negligent at worst,” when it comes to things like letting users know what kind of information is collected about them.

Schedule 1 of Canada’s Personal Information Protection

Market Minute	
	DOLLAR 97.52¢ (+0.15¢)
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	GOLD \$1,607.50 US (-\$3.80)
Natural gas: \$3.94 US (-3¢)	
Dow Jones: 14,511.73 (+55.91)	

and Electronic Documents Act requires social networking sites, upon request, to hand over information about “the existence, use and disclosure of ... personal information.”

However, when Parsons and his colleague filed such requests, only six of the 18 companies queried even responded, and those that did either re-

fused to provide any information or offered incomplete data.

While Google, Facebook and Twitter do provide automated methods for users to access their information, Parsons says users are still unable to get all of their personal information. In particular, he and his colleagues found they weren’t given the “metadata” that companies attached to their social-media posts.

“We argue that metadata is content,” he said. “And when we understand the metadata, we can understand how corporations and law enforcement use that data.”

For example, metadata can tell a company like Facebook or Twitter how often you’re upgrading your cellphone or what kind of computer you’re using. This information can then be sold to advertisers, or — in a case highlighted by the Wall Street Journal — be used to manage online pricing in order to charge more to certain consumers.



Finance Minister Jim Flaherty puts on his annual pre-budget shoes at the Roots Leather Factory in Toronto on Wednesday. A cabinet colleague has criticized Flaherty’s intervention in the mortgage market. NATHAN DENETTE/THE CANADIAN PRESS

Cabinet scuffle. Flaherty should have kept nose out of mortgage rates, Tory minister argues

Not everyone in the Conservative cabinet is backing Jim Flaherty’s latest intervention in the mortgage market.

Small Business Minister Maxime Bernier says he believes the finance minister overstepped his bounds by having his office phone Manulife Financial and ask they withdraw their discount on five-year mortgages to 2.89 per cent from 3.09.

Bernier told reporters he would not have done it. “Me, personally, I would not dictate

Dissension in the ranks

“Me, personally, I would not dictate to businesses what prices to decide.”

Small Business Minister Maxime Bernier

to businesses what prices to decide,” he said. “It’s the market. It’s supply and demand that decides the prices. It is the case for interest rates, it is the case for other products too.” In the House of Commons later, NDP Leader Tom Mulcair questioned which minister, Bernier or Flaherty, speaks for the government.

THE CANADIAN PRESS

BlackBerry co-founders

\$100M fund aims to make Waterloo leader in quantum computing

BlackBerry co-founders Mike Lazaridis and Doug Fregin have established a \$100-million fund to commercialize quantum computing, an emerging field they say could revolutionize information technology.

They say the Waterloo, Ont. region could be a focal point for new jobs and new industries, much as California’s Silicon Valley became a hub for advances in conventional computing.

Lazaridis and Fregin collaborated to found the company formerly known as Research In Motion in 1984, which became Canada’s leading high-tech company through its pioneering efforts in smartphones. The company recently changed its name to BlackBerry.

Fregin, 53, retired from RIM in 2007 after serving as vice-president of operations. Lazaridis is the more prominent of the two, having served as co-chairman and co-CEO with Jim Balsillie until early last year when they were replaced in those posts by Thorsten Heins. THE CANADIAN PRESS

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IT'S PRIME TIME FOR TV

Sure, people are killing each other a lot these days, the economy always seems on the verge of collapsing, and the shrinking of chocolate bars continues unabated.

But you can't get me down, because this is the Golden Age of Television.

No other medium can compare. The Beatles came out with every style of pop music in the '60s, and musicians have been trying to catch up, copy or pay tribute ever since.

Movies peaked in the 1970s, when you could go watch The Godfather without being bombarded by tie-ins like a McBrando Triple Burger Combo complete with toy (Bullet-Riddled Sonny).

And the Internet, despite containing the total sum of human knowledge, hasn't figured out yet how to be more than society's porn stash.

But, ah, television. Television is in its sweet spot.

From masterpieces like The Wire and The Sopranos to epic



HE SAYS

John Mazerolle

metronews.ca

works in progress like Game of Thrones and Mad Men, the last decade of television makes everything that came before it seem like Amateur 44 Minutes.

Just think: There was a time when people arguing the most complex character on television had to decide between Jed Clampett and Hoss Cartwright.

There was a time when the most impressive woman on television was Mary Tyler Moore because she had a job (!) and could throw that hat a lot higher than people believed possible with scrawny female arms.

There was a time when spoilers were only required for big summertime cliffhangers, like Who Borgified J.R.? It wasn't really required for,

say, Home Improvement. ("This week, Tim Taylor (WARNING: SPOILER AHEAD) gets his wife mad at him and talks it out with Wilson. We'll discuss the repercussions of this shocker and what

it means for the next 11 seasons.")

You can also see how far TV has come if you imagine current shows as old-style programs. "On a very special episode of Game of Thrones, Daenerys Stormborn has a heart-to-heart with her dragons when they take up smoking. King Joffrey enters a skateboarding competition, much to his mother's dismay. And Taylor Swift guest stars as Lady Diva Chanteuse, of House Brokenheart."

We can't even complain about bad television — and there's lots of it — because it's so easy to avoid now. Good TV is there for the buying, renting, streaming or downloading.

For the first time in its history, television has joined the best books and movies in rewarding an active mind. And we should grasp it while we can, because if popular culture has taught us anything, it's that the good stuff never lasts.

Whether this Golden Age of Television is a byproduct of our inability to deal with real-world wars, poverty and lack of chocolate on a planet that is spinning inexorably out of control is a question I will think about eventually — like, when Game of Thrones is over.

Shhh ... TV's on.

ZOOM

An artist within the animal

Works by four-legged, fin-footed and scaled creatures on display

Briana Velazquez and Christian Venegas look at footprints on canvas by the El Paso Zoo's elephants Tuesday inside the Asian Discovery Center.

Through Sunday, Texas' El Paso Zoo will be featuring the exhibit, called Color Coated, of paintings made by snakes, elephants, seals, meerkats and a few other creatures.

THE ASSOCIATED PRESS



A piece of artwork done by Ibu, a Sumatran orangutan, seen at the El Paso Zoo. THE ASSOCIATED PRESS



MARK LAMBIE/EL PASO TIMES/THE ASSOCIATED PRESS

Clickbait



ANDREW FIFIELD

andrew.fifield@metronews.ca

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@TheLimerickKing:

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On banning a sugary drink
These fools are a joke
For thinking a Coke
Is worthy of time in the clink.

@Twitmericks:

There is quite an old Argentinian
Who has a new global dominion
The pontifex Francis
Had previous chances
But now won the conclave's opinion.

I also
like this pope-
related one from

@Twitmericks:

There was an old fellow in Rome
In a church with a bloody big dome
Who said that's enough
Of this papacy stuff
I'm going to veg out at home

Comments

RE: Lululemon Pulls Yoga Pants Off Shelves For Being Too Revealing, published March 19

These pants are made in Asia and sold here for arms and legs! I'll never ever buy these ... the fake ones make my tush look just as nice! We all know people don't buy them for yoga ... C'MON!

Too_Sense posted to metronews.ca

Any publicity is good publicity, this is nothing more than a stunt.

jordangreen posted to metronews.ca

Some people DO buy them for yoga. Not everyone is a poser. It is not that surprising that so many people pose as fitness buffs by wearing the clothes they wear. There are always knock-offs, and that's cool, but the reality is they were designed to do a job. It should be OK if the byproduct is that it is also sexy. Why is that such a problem? Isn't it up to the buyer if the clothes are too revealing or not?

Man, this is so messed up, I would be inclined to think it is at least in part publicity. Another "wardrobe malfunction" LOL.

Ron Davies posted to metronews.ca

WE WANT TO HEAR FROM YOU:

Send us your comments: halifaxletters@metronews.ca



Oh What A Night: A Tribute to Frankie Valli and The Four Seasons is coming to the Rebecca Cohn Auditorium. HANDOUT

The other Frankie Valli tribute show

Oh What a Night.
'Timeless' hits coming to the Rebecca Cohn Auditorium this weekend



BACKSTAGE PASS
Jenna Conter
halifax@metronews.ca

I have nothing against the music of today but when it's compared to some of the legends of Motown, it pales in comparison.

Parented by Motown cassette tapes while road tripping with the family, the announcement that the world famous Oh What A Night Canadian tour is stopping in Halifax Saturday night, made

Quoted

"We started with four guys in Vegas and now we have over 40 guys doing Oh What a Night all over the world."

George Solomon

this big girl wanna cry.

A tribute concert covering the many hits of Frankie Valli and the Four Seasons, Oh What A Night, is far removed from the Broadway sensation, Jersey Boys.

This production, according to cast member, George Solomon, not only shares the stories, but the music that made those falsettos so popular.

"It's in the music — those songs are timeless," said

It's all in the details

- **What.** Oh What A Night: A Tribute to Frankie Valli & The Four Seasons
- **Where.** The Rebecca Cohn Auditorium
- **When.** Saturday, 2 and 7 p.m.
- **Tickets.** Visit artscentre.dal.ca/

Solomon. "They are little three-minute masterpieces — relatable stories with a beginning, middle, and an end with catchy lyrics."

Solomon's connection to Motown reaches beyond this tour. A natural performer from an early age, Solomon was in a number of productions, eventually catching the attention of Motown Records founder Berry Gordy, Jr.

"When they asked, 'Would you like to do some-

thing for us,' I assumed I'd be walking the dog," said Solomon.

The new kid couldn't believe when he was asked to write a stage show for Smokey Robinson.

"It was a Motown review and one of the last variety shows on television."

Working alongside all the people he idealized, Solomon will be the first to point out that he has been "incredibly fortunate."

Off the road, Solomon

works as a producer at Motown Records, now owned by Universal, re-issuing and reformatting memorable Motown box sets.

"It's like a blessing for me — I actually get to go in the studio and listen to tapes of this music, including never-released material," he said. "I can't imagine a better genre of music — it just makes me feel good."

Surrounded by Motown legends day in and day out, Solomon confesses he wouldn't have it any other way.

"The fact that I'm doing these songs that I grew up loving, and then performing them on stage just makes me feel good," he said. "People go crazy every night. It strikes something in them and we have a wonderful cast and have so much fun on stage."

2 SCENE

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Bowie brings music to the movies

Contribution to cinema. The enigmatic musician has only had a few leading roles, but his CV is teeming with small, memorable supporting turns

MATT PRIGGE
Metro World News in New York

Movies have been kind to David Bowie. Where the tradition is for cinema to crush pop star hubris — just ask Madonna, Britney Spears and Mariah Carey — the one born David Jones has eked out a select but excellent film existence.

He's only had but a few leading roles — most notably

1976's *The Man Who Fell to Earth* — but his CV teems with small, memorable supporting turns: a cucumber-cool Pontius Pilate in *The Last Temptation of Christ*, a spot-on Andy Warhol in *Basquiat*, a movie-stealing Nikola Tesla in *The Prestige* and a deeply affecting performance as a dying vampire in the incoherent hot mess that is Tony Scott's *The Hunger*.

It's too bad Bowie doesn't enjoy film acting. He's admitted finding movie sets to be artistically fallow, consisting of so much waiting around that he finds himself uninspired. (He hasn't acted in a film since a small role in 2008's *August*.)

In honour of *The Next Day*, Bowie's first album in more than a decade — and his best in ages — here's a smattering of Bowie's aural contributions to cinema.

Cat People (1982)

Paul Schrader's remake of Val Lewton's no-budget chiller about a woman who thinks she'll turn into a killer panther when sexually aroused is heavy and awesomely insane. It saves its most poetically ridiculous moment for the end, which employs the slower, moodier version of Bowie's *Cat People* over a freeze frame of a sad panther face.



Boy Meets Girl (1984)

Filmmaker Leos Carax is big again thanks to *Holy Motors*, but once upon a time he was the enfant terrible of French cinema and one of the major practitioners of the music video-heavy "cinema du look."

In his feature debut, Carax went to some of Bowie's earliest, when he was an incorrigible unknown cranking out whimsical Anthony Newley-esque songs. The result, a sequence set to the languid *When I Live My Dream*, is a lovely, lyrical moment capturing the pleasure of walking around Paris with Bowie booming in one's ears.



Lost Highway (1997)

Bowie's 1995 album *Outside* is one of his better latter-day works, and two of its songs were put to excellent use in two excellent movies.

Seven got Heart's *Filthy Lesson*, while David Lynch's comeback film — after the disastrous and unfairly maligned *Twin Peaks: Fire Walk With Me*, which featured a bizarre cameo from Bowie — opened with the (literally) driving *I'm Deranged*.



Labyrinth (1985)

The movie where Bowie, made up to look like a leopard in big '80s hair, plays a puppet king who wishes to marry a 15-year-old Jennifer Connelly. When she refuses, he does the next logical thing: kidnaps her baby brother and forces her to trawl through a puppet-laden maze. It's also a part-time musical. Screenplay by Terry Jones!



The Runaways (2010)

Dakota Fanning's Cherie Currie first exhibits her rock star prowess by lip synching and gyrating to *Lady Grinning Soul* while decked out in *Aladdin Sane* gear. That doesn't sound amazing when typed out, but it is.



The Perks of Being a Wallflower (2012)

Once upon a time, when you heard a song and you didn't know what it was, you might spend years, decades even, trying to hunt it down.

Set in the distant past of the early '90s, this much-liked YA picture handily depicts an era of irritating ignorance: our heroes hear Bowie's *Heroes* — the *Wallflowers* cover, from the soundtrack to 1998's *Godzilla*, had not yet emerged — are immediately blown away (because it's Bowie's *Heroes*), but don't figure out what it is until much later in the movie. Good times.



Dogville (2004)

Lars Von Trier's twisted homage to *Our Town* aims to be an indictment of America, in which strangers are first welcomed and then exploited by a cruel society. To drive

this point home, he ends the film with a montage of photos of American devastation and blight set to *Young Americans*. Von Trier did the same thing with the sequel, *Manderlay*, which concerned slavery and racism.



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SCENE

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Lily Tomlin. Actress was ready to bare it all in the name of feminism

Admission is a romantic comedy, not an action movie, so it comes as something of a surprise that one of its stars wanted to advertise their physique with a scene in which they chop wood bare-chested in the forest. Even more surprising? That star was comedy legend Lily Tomlin. "I wanted to be in the woods chopping wood with my shirt off," Tomlin reveals about her character, a septuagenarian feminist whose adult life has been devoted to activism. "The character has a double mastectomy, and I think, I'll get a breastplate made like I've had a double mastectomy and I'll tattoo it to show another expression of her empowerment and how she's completely at ease with herself and accepts her female body."

Unfortunately, the actress landed the role too late to be able to follow through on her plan. But even without the requisite hardware she wanted to bare her body on screen, she



Lily Tomlin says like her character in Admission, she's a feminist.

HANDOUT

reached into her own experiences in order to bare her character's soul. "I am a feminist and I lived in those days of the movement," Tomlin explains. "And I know what it is as a human [to believe] in a certain philosophy or some doctrine — and you do not want to betray it."

Fey has an admission to make about school

Princeton pass over. Filming latest project brought up memories of rejection for comedian and writer



NED
EHRBAR

Metro World News in Hollywood

Playing a gatekeeper deciding who does and doesn't get into Princeton in Admission brought some long-buried memories to the surface for Tina Fey. "It did remind me that I had actually applied to Princeton and had been rejected, but I felt OK about that," says Fey, who earned her bachelor's at the University of Virginia. "I didn't get mad when I was shooting on the Princeton campus. It was fine."

In fact, Fey credits her Penn-

sylvania upbringing for sparing her from much of the Ivy League anxiety forced upon other teenagers. "I wasn't growing up in some kind of private-school world where it was expected of you to try to get into an Ivy League school," she says. "I think there are people who grow up in a family where it's like, 'If you don't get into Harvard or Yale or Princeton, you're done!' I think that's craziness."

Though she made a name for creating her own characters — most notably Liz Lemon on 30 Rock, Fey came to Admission primarily as an actress. "I thought the character of Portia was interesting because I hadn't seen a movie about this world of college admissions before, and it is a world that's filled with so much anxiety and therefore humour for people on all sides of it," she says of her attraction to the project.

"I also liked that she's an



Tina Fey and Paul Rudd star in Admission, which opens Friday. HANDOUT

adult and she is intelligent, and at the same time she still has this huge, explosive emotional thing happen in her life. I also thought it was an interesting story that you see these characters who are chasing mother-

hood and in pursuit of motherhood, and this is a character who decidedly did not want to be a mother but because of the given circumstances has to cope with the idea that maybe she is."

If life hands you lemons, declare a capital gain.

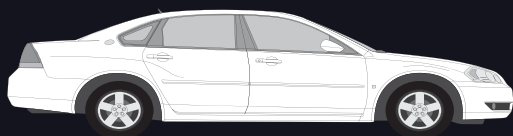
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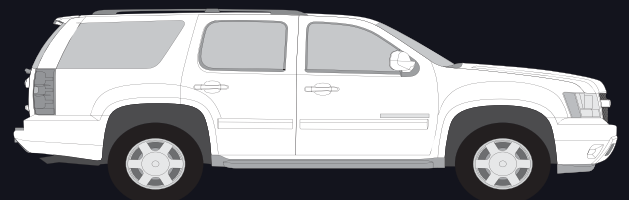
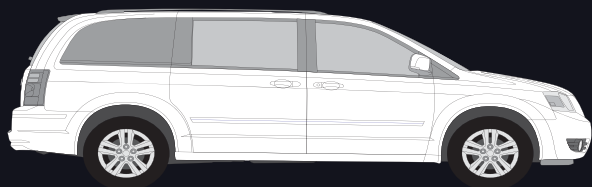
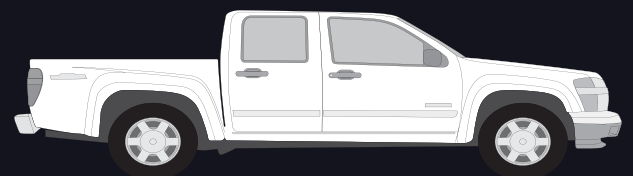
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A writer looks at 40

Middle-aged musing.

Judd Apatow and wife Leslie Mann reflect on their milestone birthday

Comedy maven Judd Apatow distinctly remembers the day he reached the milestone birthday that shapes his film *This is 40*, which comes out on DVD/Blu-ray on Friday.

"The day I turned 40 my wife was shooting a movie with Zac Efron, so I visited her on the set and she was dancing with him in a scene," the 45-year-old writer/producer/director, who's married to *This is 40* star Leslie Mann, said in a recent telephone interview.

"So I had to watch her dance with Zac Efron all night. That may have scarred me."

Mann has a different take on the experience.

"That was fun!" the comedic actress said with a laugh in a separate telephone interview.

As it turned out, sultry dancing was also a key part of Mann's 40th birthday nearly a year ago.

"I went to Hawaii with my girlfriends and we went to a night club and we danced on a stripper pole, with our clothes on, but the night club was empty," Mann recalled on the line from Los Angeles.

"It was like a Wednesday night or something and ... we had a lot to drink."

"And the next day we were covered in bruises from the pole, because you have to be in really good shape to go on those poles. I mean, it takes a lot of core strength, which we don't



Judd Apatow and Leslie Mann both accepted turning 40. GETTY IMAGES

have," she continued.

"But we had a good time, and you know (40), has been pretty good. I seem pretty OK with it. Thirty was harder for me than 40."

Apatow feels the same way.

"I found 30 to be a trickier birthday, because I always felt like you were supposed to go nuts when you're in your 20s and I didn't. I just worked really hard as a writer and I didn't take the time to have a lot of mad fun," said the New York native, who did standup comedy before moving on to an acclaimed TV and film career.

"So when my 20s ended I thought, 'Oh my god, I missed it. I didn't do what you're supposed to do.' Then I just resigned myself to it being over."

Mann's character in *This is 40*, meanwhile, is not OK with leaving her 30s and lies about her age. Paul Rudd plays her

husband, who is entering his 40th year with financial woes at his record label.

Apatow wrote and directed the dramedy that co-stars his and Mann's children, Maude and Iris, as the family's daughters.

The story is "a big soup of real experiences" and reflects his fascination with why people struggle to get along, he said.

"The basic idea of trying really hard to make a marriage work over the long-term is interesting to me and I am fascinated by bad communication skills," said Apatow, who made his feature directorial debut with *The 40-Year-Old Virgin*, which he also co-wrote.

This is 40 is billed "a sort-of sequel" to Apatow's hit 2007 comedy film *Knocked Up*, which also featured Mann, Maude and Iris.

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Naomi Watts. ALL PHOTOS GETTY IMAGES

Naomi Watts digs deep with words on plastic surgery

Naomi Watts isn't ruling out plastic surgery as an option, but she does worry it might limit her job prospects.

"Never say never — and I certainly don't judge anyone who does it — but most of the characters I play are going through some kind of emotional turmoil, so my job requires me to have expression," Watts tells Australia's Good Health magazine. "If my

face was frozen, what right do I have to play that part? All the women who haven't (done) anything to their faces are still able to play great roles. And some of the ones who have done something have messed it up — they look freakish. Anyway, for me it's about playing women with rich lives. And the longer the life, the deeper the wrinkles."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



James Franco couldn't care less if you don't like what he does

James Franco has caught flak for his myriad film and art projects he's launched and academic degrees he's pursued, but he's not letting the haters get him down.

"Criticism can sting but not for long. At this point I've heard it all, good and bad. I

can take anything," Franco tells Bullett magazine. "If anyone wants to say that my doing these things makes me a jerk, that's not about me — that's about people reacting to me. I don't need to be liked for anything I do."

He continued on about his haters and why they react the way they do.

"I put out a lot of different kinds of material, and maybe people read that as egotistical. Or maybe, since a lot of it does involve some aspect of me, they find it self-aggrandizing. But there's a long tradition of artists using themselves."



Twitter



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About to watch Wayne's World. For the first time...



@MARLONLWAYANS

You don't have to figure life out... It has its way of figuring itself out



@SethMacFarlane

In pre-production for A Million Ways To Die in the West. My horse hasn't kicked me yet, but he did say he hates Family Guy past season 3.



Pink cares about all her fans, no matter how young.

Pink stops show to help little girl

Pink certainly knows how to keep the peace. The singer halted a recent Philadelphia concert when she noticed a little girl in the crowd crying, according to Us Weekly.

"Is everything OK right? Is this little girl all right? Why is she crying? Why is she upset?" asked Pink, who was informed by

audience members that an altercation had upset the young girl. "Because there was a fight? You all are fighting around a little girl?" she asked.

Pink then coaxed the girl on stage and gave her a treat. "Honey, do you want this frog and this Rice Krispies treat?"

Before getting back to the music, she also had a message for the rest of the crowd.

"Are we OK now? Cut it out, y'all. We're grown-ass women."

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Fall into fashion's future

After four gruelling fashion weeks — New York, London, Milan and Paris — we distilled the biggest themes that came down the runways. Here's what you can expect to wear next autumn.

TINA CHADHA
Metro World News

Back to black

As far as New York goes, one message was clear: fall is going to be all about wearable clothes. And let's face it, nothing in your wardrobe is more versatile than black. It's no surprise then that the classic shade ruled the runways. Pair black items with white for another key trend.

SEEN HERE:
RAG & BONE



Plays on texture

Forget clothes in plain wool or cotton — designers used luxurious textured fabrics such as high-shine pony hair, wooly alpaca, sophisticated tweed and quilted leather to add a layer of interest to their fall looks.

SEEN HERE: LANVIN



Menswear inspired

Borrowing from the boys has been popular for the past few seasons. Designers furthered explored the trend for fall with slouchy, loose suiting.

SEEN HERE:
BLUMARINE



Oversized coats

Besides the tremendous amount of fur on the runway (is PETA still doing their job?) there was another overwhelmingly ubiquitous outerwear trend: coats in oversized proportions and exaggerated cocoon shapes. Squeezing into a crowded subway in one of these is going to be fun.

SEEN HERE: ROCHAS



Pink gets its day

The colour pink gets a bad rap as an uncool girly-girl shade — but that's about to change. Come fall, expect to see stand-out items in every permutation of pink ranging from soft blush to bold fuchsia.

SEEN HERE:
DKNY



There's a lady in the house

For those of you who don't do androgyny, feminine staples such as peplum tops, full skirts with longer hemlines and pencil skirts with cinched jackets gave collections a polished, lady-like feel.

SEEN HERE: ROCHAS



ALL PHOTOS GETTY IMAGES

Plaid and checks

Whether you go '90s grunge a la Saint Laurent or the more formal route with houndstooth and Prince of Wales check as shown at Tommy Hilfiger, expect to be part of the plaid parade come Fall.

SEEN HERE:
SAINT LAURENT



Winter white

People anxious about getting side eyes for wearing white in the cold seasons can finally put that fear to rest. Designers showed full looks in dreamy pale shades.

SEEN HERE:
GIAMBATTISTA VALLI



High slits

Are all the safe, wearable clothes putting you to sleep? Skirts and dresses with slits up to there added a sexy jolt to the fall shows.

SEEN HERE:
GIVENCHY



Embellishments galore

This never really ever went out of style. But this show season, the decoration was especially in-your-face with shimmer on top of crystal on top of metal on top of feathers. No matter what your trimming of choice is, there was an option to choose from on the runway.



SEEN HERE: BURBERRY



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BASEMENT FINISHING ADDS VALUE

Can you recognize a strategic opportunity when you see it? If so, a finished basement may be something you want to consider. "Whether you're looking to increase the value of your home or save on energy bills, completing your unfinished basement can be a rewarding experience," says Steve Gray, a broker with Royal LePage. Gray offers the following benefits to finishing your basement:

ENERGY SAVINGS

Without full insulation, unfinished basements can be cold air culprits. In addition to energy savings, a benefit of a finished basement is the homeowner has an opportunity to bolster insulation as the work begins. By properly insulating, you create a warmer, drier environment, eliminating the need to turn up the thermostat.

RESALE VALUE

If you're thinking about selling, a finished basement is a good feature and may increase your home's marketability. This is especially true for buyers looking to make the most of a home's square footage. Finished basements provide a

myriad of possibilities, from guest rooms to play rooms to home theatres.

ADDITIONAL INCOME

Renovating to add value to your home You may want to consider turning your extra space into a legal basement apartment with a separate entrance and fire escape. While this initiative requires thorough research and a potentially significant investment, the monthly income will help you pay down your mortgage and offset much of the initial costs of renovations. Before embarking on an income suite venture, be sure to research all applicable permit and zoning laws for your area.

If your basement is unused or increasing your energy bills it makes sense to finish it and take advantage of the extra living space. Do your research, invest wisely and you may end up reaping the rewards that a finished basement has to offer. Find more information at www.royal-lepage.ca.

- NEWSCANADA

INSULATE TO SAVE MONEY

After a winter of hibernation, the spring is the perfect time to consider renovation projects that will help keep your house cool in the coming summer months and reduce energy consumption.

An unfinished basement is a source of energy loss in most homes, for example. By simply finishing the space with wall and floor coverings, you will notice a difference on your energy bills. A renovated basement offers more than additional storage and living space. It can provide room for a growing family or a space where you can retreat for some privacy.

Insulation is a key component in making your basement look and feel comfortable, inviting and dry. For the best results, install a rigid board insulation such as Roxul Comfort Board against the concrete foundation before you stud the wall. The board is mechanically fastened or adhered to the concrete foundation wall, preventing thermal bridging through the studs, offering a higher R-value and better thermal performance. It will ensure your basement is not a source of energy loss, but rather an inviting retreat all year round.

Installation tips are available online at diywithroxul.com.

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YOUR HOME IS A VALUABLE INVESTMENT

In today's housing market, many homeowners looking for a change may decide to give their home a facelift instead of moving. Before swapping that 'For Sale' sign with hammers, hardwood and paint, it's important to consider the insurance implications of your home renovations. tttt

"Your home is one of the biggest investments you'll ever make," says Dave Minor, Vice President, TD Insurance. "Whether you're installing water-efficient plumbing or just installing new cabinetry, it's important to understand your insurance coverage before getting started."

Minor provides his top tips for handy homeowners to consider before picking up the hammer and paint brush:

CHOOSE YOUR RENOS CAREFULLY

You may be dreaming of an open concept kitchen or a custom built bookshelf, but it's important to consider the long-term

impact of your renovations. It may be better to fix your 20-year-old roof, or upgrade your electrical system first. These types of renos just might save you from big headaches down the road. Also, ensure that the renovations are done properly, as inadequate construction may lead to cancellation of your insurance policy.

BEFORE STARTING, KNOW WHAT YOU'RE COVERED FOR

Contact your insurance provider before lifting a finger on your home renos. Ensure you have the proper coverage in place during the renovations and learn about what liability coverage your policy includes. Your insurance provider may also be able to warn you about aspects of your policy that you may not be aware of, such as how long your home insurance policy allows you to vacate your home during renovations without affecting your coverage.

POST-RENOVATION, REVISIT YOUR INSURANCE COVERAGE

Renovating to add value to your home could also impact the coverage you need. Depending on the upgrades you make, you may have to re-evaluate your insurance policy to make sure you're still properly protected, so contact your insurance provider to be safe.

GO GREEN

Consider replacing an old furnace or upgrading appliances with high-efficiency ones that use less electricity. By considering environmentally friendly renovations, you will be reducing your carbon footprint and helping your wallet too.

- NEWSCANADA



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INCREASE HOME VALUE OUTSIDE

Canadians love the outdoors. At the first hint of warmth we hit the deck and patio. Sharon Grech, the colour and design expert for Benjamin Moore, shares some ideas on how to transform the look of your deck and your home with exterior paint and stain.

BRIGHTEN UP FOR SPRING WITH COLOUR

"The popularity of grey isn't just an interior trend – grey is a perfect choice to beautify a home's exterior as it never fights with mother nature's own vibrancy," says Grech. "Brick can be painted with our Aura line since its advanced waterborne technology is more durable than ever." Offset a deep grey (like the Kendall Charcoal) with a lighter shade on the trim (such as Rockport Gray) to create some eye-catching contrast. A brightly coloured plant adds a pop of colour to this monochromatic palette. Furniture is a great way to create either a more formal or relaxed look outdoors. Accent with a stylish outdoor rug, some weather proof cushions, decorative outdoor accents, and

a thirst-quenching tray of drinks.

PROTECT THE DECK

Even pressure treated wood benefits from a protective coat of stain to help it survive Canada's harsh seasons. A professional favourite is Arborcoat, a line of exterior stains, which can be used on any wood surface. They can be tinted a variety of shades and can deliver a semi-transparent to more opaque look so you can make the surface more beautiful while maintaining the natural appearance of the wood grain. Arborcoat is preferred by many professional painters because it is extremely durable and stands up to the toughest weather conditions.

"Our company has an outdoor test lab where exterior paints are exposed to the elements for

years," explains Grech. "This is how we ensure top quality products that you can trust on your most valuable possession – your home."

More information on this topic can be found online at BenjaminMoore.ca or at your local retailer.

- NEWSCANADA

PAINT IS INEXPENSIVE

It's well established that there is a direct correlation between colour and psychology. Certain colours can make us feel relaxed, energized and can promote creativity, while other hues may invoke anxiety

and stress. It's important to consider the psychological impacts of a colour when selecting the right paint for every room in your home.

The psychology behind colour selection and how people approach colour is often reflective

of the surrounding environment. External factors such as a challenged economy or a long, grey winter can result in people looking to bring bright colours into their wardrobe or decorating choices.

A bright yellow colour like Para's Star Glo (PF35) promotes optimism and positive thinking. The colour red or hot pink, such as Para's Jazzeberry Jam (PF16) from their 2013 Colour Forecast Palette, is a powerful colour associated with high energy and creativity. Light purples, such as the mauve of Para's Orchid Mist (PF5) or the lilac tones of Wisteria (PF4) are calming hues that settle the nerves and would be a great shade to use in a home office or nursery.






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TRUST, QUALITY & INTEGRITY

Live on curly pasta edge with Sicilian-inspired Lamb Ragu

This is one of Nigella Lawson's go-to weeknight suppers from her book *Nigellissima: Easy Italian-Inspired Recipes*. She says you can cook the ragu longer at a lower heat, if desired, but it's also perfect as is.

"Ragout" is French, "ragu" Italian, and this meat sauce is inspired by the Sicilian combination of sweet lamb, dried

Ingredients

- 22 ml (1 1/2 tbsp) garlic-infused olive oil
- 1 banana shallot, chopped
- 5 ml (1 tsp) dried mint
- 5 ml (1 tsp) oregano
- 1 ml (1/4 tsp) crushed red pepper flakes
- 250 g (8 oz) ground lamb
- 1 can (398 ml/14 oz) diced tomatoes
- 10 ml (2 tsp) red currant jelly
- 7 ml (1 1/2 tsp) Worcestershire sauce
- Pinch salt, plus more for pasta water
- Freshly ground pepper
- 250 g (8 oz) pappardelle
- Handful fresh mint, to garnish (optional)

Curly-Edged Pasta With Lamb Ragu



This recipe serves two. MATTHEW MEAD/ THE ASSOCIATED PRESS

wild mint and crushed chili flakes, though Lawson said she has added an Anglo note with a little red currant jelly.

1. Put a large pan of water on to boil for the pasta and warm garlic oil in a small, heavy-based pan that comes with a lid; cook shallots, stirring for a minute or so.

2. Sprinkle in mint, oregano and red pepper flakes, stirring again in hot pan before add-

ing meat. Cook for a couple of minutes, stirring to break it up with a wooden spatula or spoon, until it loses a bit of its pinkness.

3. Add tomatoes, red currant jelly, Worcestershire sauce, salt and some grindings of pepper, then give a good stir and bring to a bubble. Partially cover with the lid and simmer for 20 minutes.

4. At appropriate time, salt the boiling water and cook pasta according to package instructions, making sure to check for readiness a couple of minutes before it's supposed to be done. Once cooked and not-too-efficiently drained, return pasta to pan and dress with lamb ragu.

5. Sprinkle bit of mint onto each bowl, if desired, to serve.

THE ASSOCIATED PRESS/ NIGELLISSIMA: EASY ITALIAN-INSPIRED RECIPES BY NIGELLA LAWSON (KNOPF CANADA, 2013).



Vanilla Ice is back to help you make the most of your backyard space. HANDOUT

Yo! Kick up your backyard style!

DIY ideas. Ice is back with a new season

Barbecue season is approaching and your backyard is probably looking a little shabby. If you didn't get your visit to a tropical island this winter it's time to forget the Ice, Ice Baby and incorporate your vacation dreams into your backyard. Get a few tips from Vanilla Ice, host of *The Vanilla Ice Project*.

Landscape

To create a vacation spot in your backyard, start with rich foliage, large leaves and colours. When visiting your local gardening store don't be afraid to go overboard with greenery. In addition to plants that will surround your yard with a lush atmosphere, choose some that will vine and climb on fences which will create more privacy.

Water features

There's nothing that can compare to the serene sound of running water. It will instantly bring an element of calm and relaxation to your backyard oasis. Placing a waterfall within your newly planted garden sounds lovely and can be made even more esthetically pleasing by surrounding it with a stone walkway for traction.

Tiki torches

To light around your yard, Tiki lamps are a great accessory. Purchasing citronella candles to put into your Tiki torches will help build a shield against mosquitoes, allowing you to spend more time in your backyard.

Fire pit

Building a fire pit will allow you to spend much more time in your new backyard — not only longer into the evenings

but also at the beginning and end of the summer, when nights can be cooler. A fire pit also opens up the possibilities for outdoor activities like roasting marshmallows and hot-dogs.

Canopies

Create a picture perfect backyard worthy of a magazine spread by adding a canopy over the generic stylings of tables, chairs and benches. The option of a canopy-enclosed day bed is also a great touch, especially if you are lucky enough to have a pool in your backyard. They instantly add movie star appeal to your outdoor style. Canopies bring a feeling of romance and luxury while dining outdoors or lying away from the sun while enjoying the summer breeze blowing through the drapes over you. **THE VANILLA ICE PROJECT, AIRING MONDAYS AT 9 P.M. ET/PT ON DIY NETWORK CANADA**

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SPRING FEVER

Thursday, March 21, 2012

Spring into fashion with bright colours

Are you ready to pack away your winter woollies... and embrace a lighter, brighter spring wardrobe?

The new season is aglow in fresh shapes and colours and a few old favourites. And you don't have to re-vamp your entire wardrobe. Just add a few key items to give it a trendy boost – and make you feel fabulous.

Here's a guide to spring fashion trends:

BERMUDA

SHORTS: Short shorts are definitely out... longer Bermuda-length shorts in every material allow you to dress up or down. They're flattering to every figure and oh so comfortable.

STRIPES – YOU'RE IT: Big, bold stripes are a fabulous statement. Navy makes them nautical; in denim, they're a classic. Keep in mind that horizontal stripes are slimming while vertical stripes may do the opposite. A single colour purse completes an outfit.

CUT-OUTS: For a night on the town, go

sexy with daring cutouts, midriff-baring separates and other peekaboo options.

BLACK AND WHITE: Forget the usual Easter-egg pastels... this is the year to indulge in black and white and it won't be hard to find. In stripes, colour-blocked designs and basic

combos, black and white is easy to pull off at any budget.

BIG SUNGLASSES: We're still loving the big-rimmed, movie star look. And you'll find it in every shape with lots of different finishes and colours. Just think, big, bold and bright.

LEATHER: Leather is not usually a spring thing. But light leather skirts and pants in rich colours and minimalist shapes are hot. As Glamour.com put it: leather is time-honoured and fashionista-approved in any season.

SPORTY: Go casual chic in a fitted A-line dress with exposed shoulders

– and toned arms – or one of the latest all-leg short suits. This look works with wedges and high-heeled sandals... or casual sneakers and smoking slippers.

RUFFLES: Ruffles add fabulous, feminine flare, and you'll see them on tops, skirts, dresses, sleeves and even shoes. They're a very youthful, fashion-forward look for every age.

THE 60s: The spring 60s-era glam is everywhere...bold prints, bright colours, empire waists or no waists, and short a-line hems. Mad Men, here we come!



I love any bunny who brings me chocolate.



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Ways to feast on spring

Nothing says spring like fresh, local produce and the joy of walking outside without a hat and mittens! Fire up the barbecue and enjoy this delicious season. Here's a guide to tasting it all.

FARMER'S MARKETS: Buying top-quality farm-fresh products directly from the farmer is wonderful, and you often find products you won't see anywhere else. To find a farmer's market near you, visit farmersmarketscanada.ca.

ASPARAGUS: The king of spring is fabulous on the barbecue. Choose asparagus spears that are straight, crisp and have tight green or purple tips. Trim, lightly coat with olive oil and

season, then grill over high heat for 2 to 3 minutes.

FIDDLEHEADS are young, wild ferns found (for the foragers out there) near spring streams – or at the market. To prepare: Brush away brown scales, then wash well and trim woody stems. Boil in lightly salted boiling water for 10 minutes. Drizzle with olive oil and a splash of lemon or vinegar.

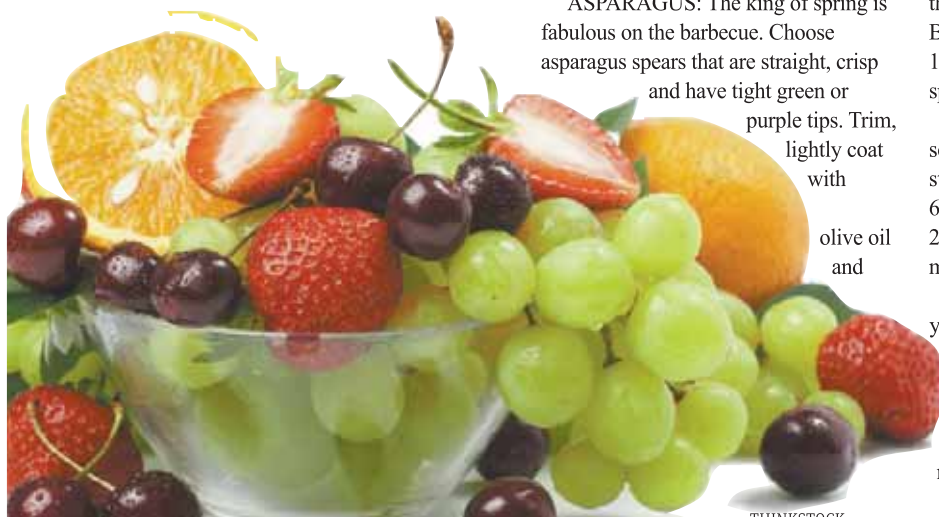
RHUBARB is the first fruit of the season in most areas – look for heavy stalks with shiny skin. To stew, combine 6 cups chopped rhubarb, 1 cup sugar and 2 tbsp water in a saucepan. Stir and simmer for about 15 minutes.

FIRE UP THE GRILL: These days, you can cook just about anything on the grill. Whether yours has a fully loaded pizza stone, stainless steel baking racks, or fire bricks, a BBQ can help you bring the taste of high-quality restaurant cooking to your table.

LATIN FLAVOURS: Look for barbecue recipes that use condiments such as lime, cilantro and hot peppers... because there's a Latin American taste trend right now.

CHICKEN: Chicken is in the spotlight. Look for locally and naturally raised chicken, and try artisan-minded cooking methods such as rotisserie, frying and roasting.

GET JUICED: Part of the larger raw food trend (just eating raw foods), juicing is more popular than ever and a great way to fortify with healthy doses of fruits and vegetables. For starters, combine carrots, celery, apple, ginger, pineapple and mango or grapes, in a juicer, and process.



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Get outside for some fresh spring air



THINKSTOCK

If the fresh air, blue skies, and trees filled with buds aren't enough, here are some awesome ideas that will make exercise in the great outdoors a wonderful thing.

GO GREEN: GreenGym fitness equipment is now in 250 parks and schools across the country! Recommended for 12 and up, the equipment uses your body weight for resistance and focuses on warm-ups and stretching, balance and flexibility, cardio, core strength, and upper and lower body strength. Visit www.greengym.ca/locationmap to find a GreenGym near you.

BICYCLE BUILT FOR YOU: There's nothing like hopping on a two-wheeler to feel like a kid again! For fun and/or commuting, you save time and money, and the cardio workout is amazing.

FUN RUN, HERE WE COME: Sign up for a summer or fall charity walk/run and start training now. You'll be burning calories with a goal to raise money for a good cause!

BEFORE YOU: Spring is the time to get swinging as driving ranges and golf courses begin opening. Make it about business or pleasure... but make it!

SEE YOU IN COURT: Those city tennis courts are there for you – sign up for tennis lessons and start playing regularly. Or join a club and work your way up the ladder! The more you play, the better your balance, coordination, and flexibility will be.

BREATHE: Many facilities hold their yoga and tai chi classes outside in the spring... and doing a warrior pose or eagle beneath tall trees is nothing

short of inspiring.

IN THE SWIM: Get ready for the lake by lane swimming at a local pool. Moving through the water is great meditative cardio... and in no time, you'll have the blue sky overhead.

HIRE A TRAINER: Why not kick off the new season with one-on-one boot camp workouts! Strenuous exercise sessions can burn up to 600 calories per hour.

ADVENTURE RACES: If you're bored with fitness (and a little crazy), consider doing the 'Medicine Hat Massacre', 'Wilderness Traverse', or another adventure race, which combines endurance activities like cross-country running and mountain biking with orienteering and navigation. Visit www.canadianadventureracing.com for more information.

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Outdoor furnishings invite you to relax outdoors

Now more than ever before outside space is being treated as living space, especially in Canada where melting snow and the first peek of crocuses invite you to stay outside! Whether you're welcoming spring with an intimate al fresco dinner for two or a fun backyard shindig, here's a guide to what's hot in cool outdoor furnishings and accessories.

COMFORT: Backyard living rooms include large, deep-seating sofas, chaise loungers and ottomans, and plenty of cozy, soft pillows.

THE NEW SWING SET: Outdoor hanging chairs and daybeds may never replace the trusty hammock, but they're a lot prettier.

SPACE SAVERS – Furniture and accessories often serve more than one purpose. Think a fire pit that serves as a grill; a dining or side table that doubles as storage for pillows, books or games. Lightweight, stackable chairs accommo-

date smaller yards and balconies. Look for bamboo, metal or wicker in warm earthy tones; no white plastic please.

KEEP WARM – Outdoor fireplaces and fire pits can make the backyard space warmer when the sun goes down.

WEATHER-PROOF – Patio rugs, umbrellas, light-filtering curtains, and water-resistant pillow covers are all weather-proof. Vinyl and resin wicker is still popular and should contain extra UV protection for long sunny days.

HARDWOOD – According to the American Home Furnishings Alliance, sustainably harvested teak, mahogany and South American hardwoods including eucalyptus, ipe and roble wood, make great table frames and seating. You'll see them in rich natural warm tones as well as weathered gray tones.

NATURAL TEXTURES – Fashionable alternative tabletops include acrylic stone and leather. Finishes also reflect



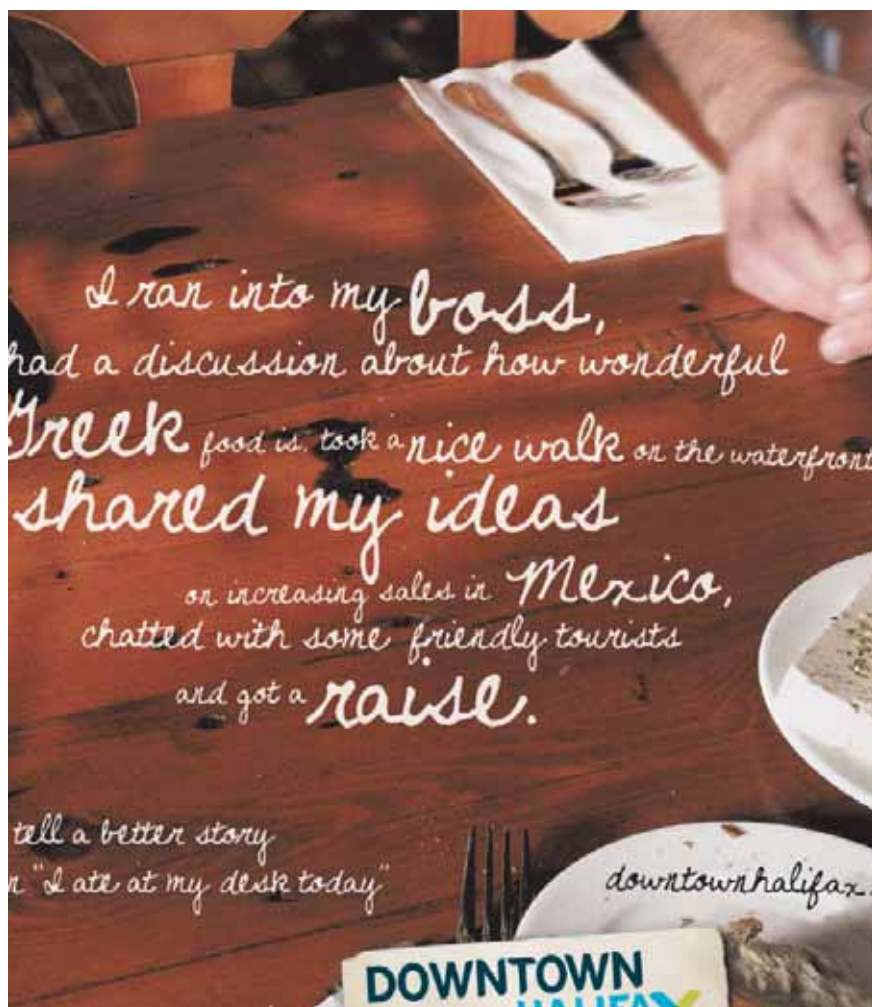
THINKSTOCK

a turn toward metallics with bronze, brushed steel, and copper.

COLOUR EXPLOSION – The outdoors is all about colour... vivid blues, turquoise, brown, fresh yellows and greens, tangerine orange as well as black and white. These colours make outdoor furnishings more attractive. Look for eye-

popping combinations such as mixing bright brights with neutral tans and grays.

EYE ON ACCENTS – A nostalgic or whimsical feel describes this year's outdoor design accent pieces including florals, stripes, polka dots, and paisleys. Expect print pairings that contrast such as florals and stripes. But solids work well, too.



*I ran into my boss,
had a discussion about how wonderful
Greek food is, took a nice walk on the waterfront
shared my ideas
on increasing sales in Mexico,
chatted with some friendly tourists
and got a raise.*

*tell a better story
"I ate at my desk today"*

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www.springgardenplace.ca

Juicing a popular way to eat fruits and vegetables



Juicing can do wonders for your body and soul — and starting a vegetable garden, or a few containers, is an easy way to use the freshest produce and save money at the same time.

Fruits and vegetables are a primary source of much needed vitamins, minerals, iron, fibre, and water. Canada's Food Guide recommends that an adult male between 19 and 50 years of age consume 8 to 10 servings of fruit and vegetables a day, and a female in the same age group consume 7 to 8 servings. Many of us don't get enough.

A simple way to increase your daily intake of fruits and vegetables is to juice them, say specialists in this field. The thought of eating a minimum of seven servings can be overwhelming and if you're not a fan of vegetables, it can seem like an impossible task. Juicing allows you to enjoy several servings at once and if you would like some guidance

when making a purchase, retailers point to the popular Breville Juice Fountain Plus. It's a dual-speed juicer with specialized discs that extracts more nutrients than other choices.

Here are some easy tips to get started:

- Do your research and decide what you would like to grow. Variety is important for juicing.
- Determine how much space you need (or have to use). It's also important to consider sunlight, soil and access to water.
- When planting vegetables you can either grow many plants of the same kind in rows or group multiple types of plants together.
- Loosen the soil up before you plant.
- Research the amount of care each type of vegetable plant requires.
- Harvest your produce when it's ready. With many types of plants, the more you pick, the more the plant will produce.

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Grow your own organic garden

Gardening signifies different things to different people. To some, it's important to have the most opulent garden in the neighbourhood. To others, spending time in the garden is a way to reduce the stress from the office. To others still, a garden can be transformed into a private, organic farmer's market! Whatever your reason may be for grabbing a shovel and getting

your hands dirty, make a few simple additions to your garden this year to aid in your healthy lifestyle.

"There are so many herbs you can plant and, with minimal care, cultivate into delicious, nutritious additions to any meal" says Helen Sherrard, president of the Canadian Health Food Association (CHFA). "The best part is that when you have them

around, you have access to the freshest, most natural ingredients."

Easy to care for and diverse herbs are a good choice to cultivate this spring. Thyme is valued as an antioxidant, can aid digestion and is great in soups and salads. Rosemary can alleviate headaches and has a nice savory flavour. Peppermint leaf makes a soothing, tasty tea that will also

aid digestion.

"The convenience of having a variety of fresh herbs growing right in your own backyard can't be matched," continues Sherrard. "You'll know exactly where these ingredients came from and they can add a fresh, vibrant taste to dishes."

NEWSCANADA



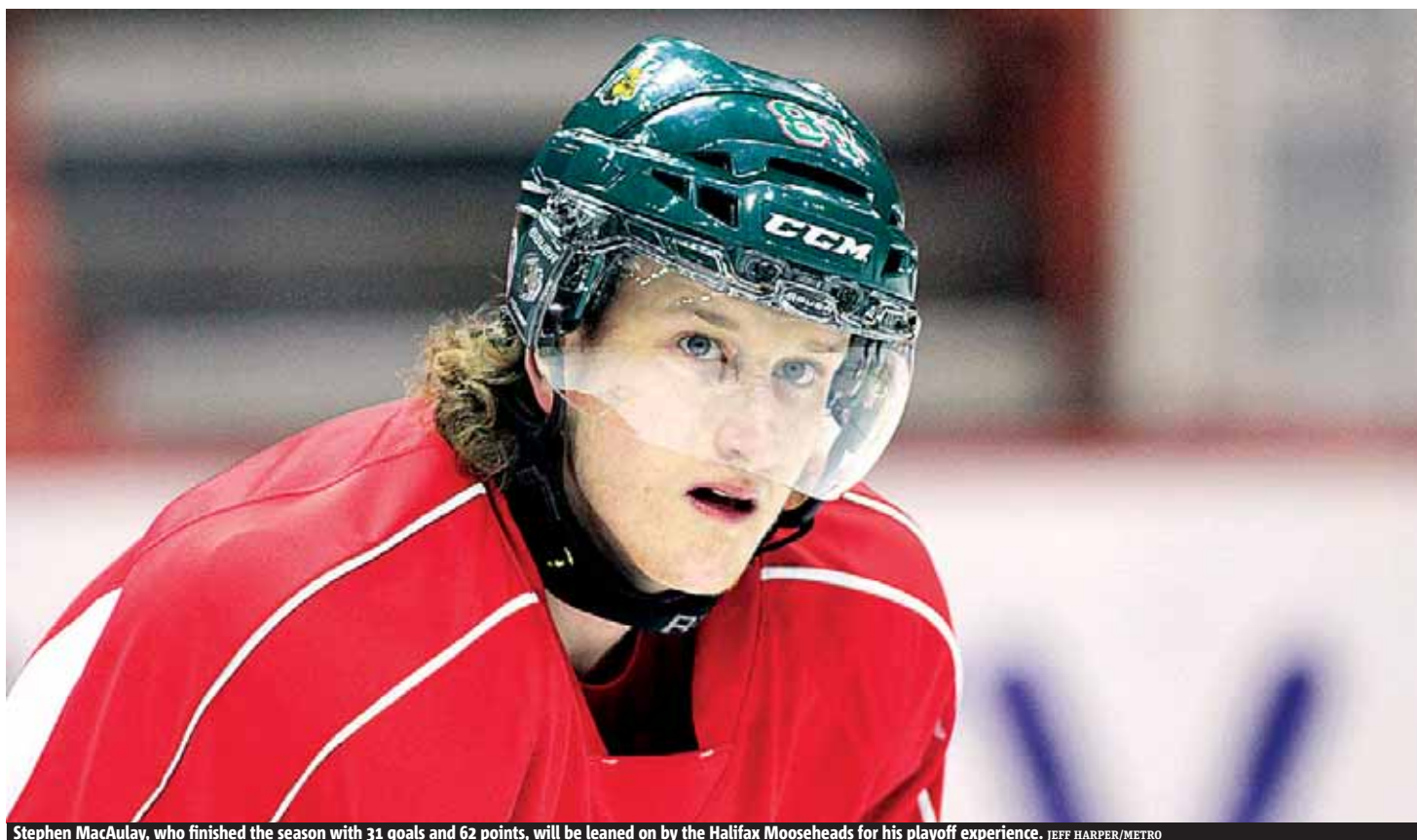
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Stephen MacAulay, who finished the season with 31 goals and 62 points, will be leaned on by the Halifax Mooseheads for his playoff experience. JEFF HARPER/METRO

Memory of mother fuels MacAulay's playoff drive

QMJHL. Mooseheads forward says his mom would want him back doing what he loves



ANDREW RANKIN
andrew.rankin@metronews.ca

One of Stephen MacAulay's most poignant memories of his mother Jean can be traced back two years ago.

At the time she was part of a throng of supporters who cheered on her son when he arrived home in Cole Harbour with the Memorial Cup he won with the Saint John Sea Dogs.

The 20-year-old remembers his mother's face beaming with pride.

"That stays with me," said MacAulay. "It wasn't because

we won, she just knew how happy me and the guys were and that was enough for her."

The former school teacher was also in the stands watching as Stephen and Co. captured the Memorial Cup in Mississauga, Ont. She even celebrated on and off the ice with them.

On some level Jean (Poirier) MacAulay's infectious warmth and generosity touched the lives of virtually all of Stephen's teammates who knew her.

Last week his mother lost her lengthy battle with cancer. His former Saint John teammates, whom he left earlier this season in a trade to the Halifax Mooseheads to be closer to his ailing mother, showed up to her funeral last Friday.

Even Jonathan Huberdeau, with whom he won the Memorial Cup, took a leave from

Post-season stats

Stephen MacAulay's playoff numbers with the Saint John Sea Dogs:

	GP	G	A	P
2011-12	17	6	7	13
2010-11	19	6	4	10
2009-10	21	2	8	10
2008-09	2	0	0	0

the NHL's Florida Panthers to be there.

That support, he said, was just what he needed.

After a brief absence from the team, he was back in the Mooseheads lineup last Sunday, where he picked up an assist in the Herd's win over the Cape Breton Screaming Eagles. He knew he needed to be back on the ice.

"It's therapeutic in some sense just to try to get back into my normal routine. My mother cared about our family so much and I know this is what she would want. She knows this is what I love to do."

He also knows what he has

to do as the Mooseheads prepare for their first-round playoff opponent, his former Sea Dogs team, starting on Friday.

"I didn't need any more motivation for the playoffs but she definitely has given me a boost," he said.

There's no easy way for a young man, not even someone like MacAulay who is admired around the league for his maturity and poise, to come to terms with the loss of the most important person in his life.

In his second Memorial Cup run last season he promised Jean, who couldn't be there, another trophy. His effort came up short.

"At the end of the game I felt OK but as soon as I got on the phone with her I sobbed like a baby. But I remember how comforting she was and how proud she was that we worked so hard."

But in his pain he's able to recognize the blessing he was given.

"She put everyone ahead of herself," he said. "It's a shame that sickness overcame her but she fought a good fight and lived a full life."

Welcoming host

'She treated me like family'

For two weeks Trey Lewis felt like he was Jean MacAulay's other son.

That's the amount of time the Halifax Mooseheads co-captain spent with the MacAulays in his first year with the team as he prepared to move in with his permanent billet family.

"I just remember how upbeat, how chipper she was," said Lewis. "She treated me like family."

Jean didn't forget Trey, either. She always greeted him with a hug.

"It was just the little things that made her an incredible woman."

"It's blown my mind how strong not only him but his family has been," he added of his teammate, Stephen MacAulay. "We just want to be there for him." ANDREW RANKIN/METRO

Quoted

"Everyone is a little biased about their mother but for me she was incredible, she couldn't have been any better." Stephen MacAulay

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Leafs end losing slide vs. Lightning

NHL. Kadri, Lupul carry offence in Toronto's first win in six games

Nazem Kadri had three assists and Joffrey Lupul added a goal and an assist as the Toronto Maple Leafs snapped a five-game winless streak with a 4-2 victory over the Tampa Bay Lightning on Wednesday night.

Kadri and Lupul won the battle against the Lightning's top line featuring Steven Stamkos and Martin St. Louis.

Dion Phaneuf, Tyler Bozak and Nikolai Kulemin also scored for Toronto (16-12-2) before 19,433 at the Air Canada Centre.

Kadri's three points tie a career high (he had a hat trick in a Feb. 28 game against the Islanders). The shifty centre had a chance at a fourth point but was hauled down in front of goal by Teddy Purcell mid-

On Wednesday

4

Leafs

2

Lightning

way through the third period.

Rookies Radko Gudas and Cory Conacher scored consolation goals for Tampa Bay in the third, spoiling James Reimer's shutout attempt.

The Leafs had been off since a 5-4 shootout loss to the visiting Winnipeg Jets on Saturday, with their last win coming March 6 — a 5-4 decision over visiting Ottawa.

Toronto gave up 16 goals during the five-game winless slide with Reimer, 0-1-2 during that run, allowing eight goals on 76 shots.

Tampa, while 4-6-0 in its last 10, came into the game



Leafs winger Joffrey Lupul celebrates his goal during a game against the Lightning in Toronto on Wednesday.
FRANK GUNN/THE CANADIAN PRESS

on back-to-back wins over Carolina and Philadelphia that saw it score four goals in each game. The Lightning (13-16-1) were without star forward Vincent Lecavalier, who reportedly suffered a broken left foot March 12 against Florida.

THE CANADIAN PRESS

NHL

Players' union to get views on visors

The National Hockey League Players' Association plans to canvass its membership on visors.

Mathieu Schneider, a special assistant to NHLPA executive director Donald Fehr, said some 72 to 73 per cent of NHL players currently wear shields.

"By the sheer numbers of players wearing them, you're seeing a big change in visors," said Schneider.

"I'm certainly an advocate — and a bit of a hypocrite myself because I played my entire career without one. But the game's extremely fast. Guys come into the league now having had to wear a visor before. We're definitely going to look at talking to the guys about grandfathering them in."

That might involve polling the players on the issue. The last time they did that, in 2009, players were "heavily" against grandfathering in visors, he said.

THE CANADIAN PRESS



Infalible Heat stretch streak

LeBron James scored 25 points as the Miami Heat overcame a 27-point deficit in the third quarter and won their 24th straight game, 98-95, over the short-handed Cleveland Cavaliers on Wednesday night to extend the second-longest winning streak in NBA history.

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metro

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	53	14	.791	—
Indiana	42	26	.618	11½
New York	40	26	.606	12½
Brooklyn	40	28	.588	13½
Atlanta	38	30	.559	15½
Chicago	36	30	.545	16½
Boston	36	31	.537	17
Milwaukee	34	33	.507	19
Philadelphia	26	40	.394	26½
Toronto	26	42	.382	27½
Washington	23	43	.348	29½
Detroit	23	46	.333	31
Cleveland	22	46	.324	31½
Orlando	18	51	.261	36
Charlotte	16	52	.235	37½

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	52	16	.765	—
Oklahoma City	50	19	.725	2½
Memphis	46	21	.687	5½
L.A. Clippers	46	22	.676	6
Denver	47	22	.681	5½
Golden State	39	31	.557	14
Houston	37	31	.544	15
L.A. Lakers	36	33	.522	16½
Utah	34	34	.500	18
Dallas	32	36	.471	20
Portland	31	36	.463	20½
Minnesota	23	42	.354	27½
Sacramento	24	44	.353	28
Phoenix	23	45	.338	29
New Orleans	23	46	.333	29½

Note: Division leaders ranked in top three positions regardless of winning percentage.

WEDNESDAY'S RESULTS
Miami 98 Cleveland 95
Charlotte 107 Toronto 101
New York 106 Orlando 94
Atlanta 98 Milwaukee 90
Brooklyn 113 Dallas 96
New Orleans 87 Boston 86
Houston 100 Utah 93
Memphis 90 Oklahoma City 89 (OT)
San Antonio 104 Golden State 93
Washington at Phoenix
Philadelphia at L.A. Clippers

TUESDAY'S RESULTS
Indiana 95 Orlando 73
Milwaukee 102 Portland 95
Denver 114 Oklahoma City 104
Sacramento 116 L.A. Clippers 101
Portland at Chicago, 8 p.m.
Philadelphia at Denver, 9 p.m.
Minnesota at Sacramento, 10 p.m.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	31	23	8	0	110	81	46
NY Rangers	29	15	12	2	70	70	32
New Jersey	30	13	11	6	74	84	32
NY Islanders	29	13	13	3	86	96	29
Philadelphia	30	13	16	1	81	92	27

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Montreal	29	19	5	5	92	73	43
Boston	28	19	6	3	82	60	41
Ottawa	30	16	8	6	77	65	38
Toronto	30	16	12	2	90	85	34
Buffalo	30	11	15	4	79	95	26

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Winnipeg	30	16	12	2	80	86	34
Carolina	29	15	12	2	84	82	32
Tampa Bay	30	13	16	1	98	90	27
Washington	29	12	16	1	79	87	25
Florida	30	8	16	6	74	110	22

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

WEDNESDAY'S RESULTS

Toronto 4 Tampa Bay 2
Minnesota 4 Detroit 2
Colorado 4 Dallas 3
San Jose at Edmonton
Chicago at Anaheim
TUESDAY'S RESULTS
Ottawa 5 NY Islanders 3
NY Rangers 3 New Jersey 2
Florida 4 Carolina 1
Columbus 4 Nashville 3
Pittsburgh 2 Washington 1
Buffalo 3 Montreal 2 (OT)
Winnipeg 3 Boston 1
Vancouver 3 St. Louis 2
Los Angeles 3 Phoenix 2

THURSDAY'S GAMES — All Times Eastern

Florida at NY Rangers, 7 p.m.
Montreal at NY Islanders, 7 p.m.
New Jersey at Carolina, 7 p.m.
Toronto at Buffalo, 7 p.m.
Boston at Ottawa, 7:30 p.m.
Calgary at Nashville, 8 p.m.
Washington at Winnipeg, 8 p.m.
Vancouver at Phoenix, 10 p.m.
Dallas at Los Angeles, 10:30 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	29	24	2	3	100	62	51
St. Louis	29	16	11	2	87	83	34
Detroit	30	14	11	5	80	79	33
Columbus	30	12	12	6	68	79	30
Nashville	30	11	13	6	70	81	28

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Minnesota	29	17	10	2	77	71	36
Vancouver	29	14	9	6	81	82	34
Edmonton	28	11	11	6	69	81	28
Calgary	27	11	12	4	78	91	26
Colorado	29	11	14	4	75	92	26

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	28	21	3	4	95	69	46
Los Angeles	29	17	10	2	88	73	36
San Jose	28	12	10	6	67	74	30
Phoenix	30	13	13	4	79	85	30
Dallas	29	13	13	3	76	88	29

MAPLE LEAFS 4, LIGHTNING 2

First Period
1. Toronto, Lupul 3 (Kadri, Gunnarsson) 6:56
Penalties — Killorn TBL (tripping) 13:14, Lupul Tor (tripping) 13:39.

Second Period
2. Toronto, Phaneuf 5 (Gunnarsson, Kadri) 0:52
3. Toronto, Bozak 8 (Kessel, Fraser) 6:53
4. Toronto, Kulemin 4 (Kadri, Lupul) 7:22
Penalties — Fraser Tor (fighting) 0:29, Crombeen TBL (fighting) 0:29, Kadri Tor (interference) 8:09, Fraser Tor (roughing) 10:05, Conacher TBL (roughing) 10:05.

Third Period
5. Tampa Bay, Gudas 1 (Labrie, Crombeen) 7:44
6. Tampa Bay, Conacher 8 (Johnson, St-Louis) 17:02
Penalties — Lupul Tor (illegal check to head minor) 0:45, Gunnarsson Tor (holding) 5:07, Purcell TBL (hooking) 10:53.

Shots on goal:
Tampa Bay 6 11 11 — 28
Toronto 8 10 8 — 26
Goal — Tampa Bay: Garon (L, 3-8-0, start, 7:44 third, 18-15), Lindback (6:53 of second, 8-7); Toronto: Reimer (W, 10-4-2).
Power plays (goals-chances) — Tampa Bay: 0-4; Toronto: 0-2.
Attendance — 19,433 at Toronto.



Horoscopes

Aries

March 21 - April 20

Friends say you can do no wrong but for one reason or another you don't entirely believe them. Maybe you should reserve judgment until you feel more positive about yourself. When will that be? Any moment now.

Taurus

April 21 - May 21

You live by certain standards but you cannot expect everyone else to live by them too. Sometimes, you can be a bit too judgmental. The planets warn that the person you judge today could be the one judging you tomorrow.

Gemini

May 22 - June 21

Do you commit yourself to a course of action that could boost your reputation or do you play safe and leave things just as they are? You were born to take chances.

Cancer

June 22 - July 23

Everything you touch will turn out just right today. But don't get carried away as the planets warn your gains could be wiped out if you push your luck too far. Know when to stop.

Leo

July 24 - Aug. 23

The only pressure you will feel today is the pressure you choose to put on yourself. Whatever your problems, push them to one side and focus only on things that make you happy.

Virgo

Aug. 24 - Sept. 23

You seem to be on the verge of accepting some kind of deal, and it certainly looks good. But appearances can be deceptive and the planets warn you should wait a day or two.

Libra

Sept. 24 - Oct. 23

By all means, tell the truth today but expect some kind of backlash for your honesty. Other people will not be happy if you point out their failings, so ask yourself: Is it really worth opening my mouth?

Scorpio

Oct. 24 - Nov. 22

Even if you are following a path you have taken before, you could fall on your face today. That does not mean you should stay home — just watch where you put your feet!

Sagittarius

Nov. 23 - Dec. 21

You may be confident that a scheme of some kind cannot fail but don't expect too much of it right away. The omens are good for the long-term but in the short-term there may be one or two setbacks.

Capricorn

Dec. 22 - Jan. 20

You believe in telling it as you see it, which is good. But some people can be super sensitive to criticism, so don't overdo it. Tone down your comments a bit today so you are less likely to get a negative reaction.

Aquarius

Jan. 21 - Feb. 19

Some people prefer to get others to help them rather than do things for themselves and one such person is beginning to annoy you. Let them know in no uncertain terms that you will no longer indulge their laziness.

Pisces

Feb. 20 - March 20

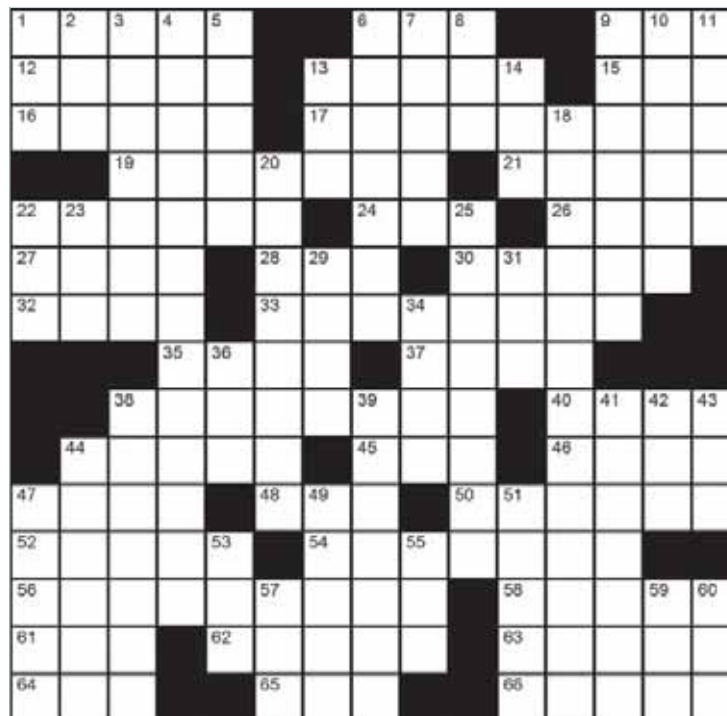
You may be tempted to ditch a project that has already been started and begin all over again but is that truly necessary? No, it's not. It will come out right.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Ms. Lake of TV talk
6. Inc., in England
9. Booker T.'s backup
12. Walk ___ line
13. ___ corn: 2 wds.
15. Queen's "We ___ the Champions"
16. "You can ___ horse to water..."
17. Seth Rogen flick, with The: 2 wds.
19. Connecting-stuff-to-a-PC spot, _ _ _ _
21. Wander
22. Spa treatment
24. "The Addams Family" cousin
26. 911 respondents
27. Secret ___. (Alias)
28. Dined
30. Roy ___, Robert Redford's "The Natural" (1984) role
32. Ernie's muppet friend
33. Fajita need
35. Crown getter
37. Latin hymn: "Dies ___"
38. Back together
40. Face part
44. Jacket sported by a '60s rocker
45. Ex-Bruin Bobby
46. Honeymaker's home
47. ___ (Edmonton sch.)
48. Chairman in The Beatles' "Revolution"
50. Spoke from the podium
52. Fishhook line
54. Beavers, whilst using



their teeth

56. Toronto-based romance novel publisher
58. "Going to ___" by Smokey Robinson & The Miracles
61. Scot's uncle
62. Kelly Clarkson's "Since ___ Gone"
63. Camping needs

64. Riddle-me-___

65. "Hiss!"
66. Toronto football players, to fans

Down

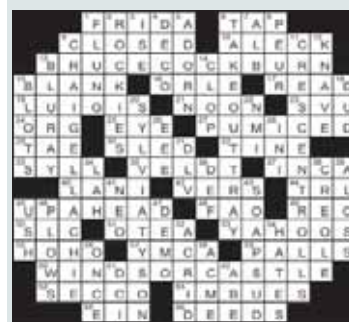
1. Singer Mr. Donner
2. 'Favour' suffix
3. The Canterbury+Tales writer

4. Canuck sketch comedy troupe: The ___: 4 wds.
5. "Dancing with the Stars" judge Carrie Ann
6. Sir Wilfrid ___
7. Country singer, Travis

8. Cdn. currency
9. Xylophone-like instrument

10. Defrauds
11. Sevens: French
13. Inflated id
14. Bouquet delivery co.
18. "Brand New Low" band from Sault Ste. Marie: 2 wds.
20. "Doesn't Really Matter" by ___ Blonde
22. Little lie
23. 'Lemon' suffix
25. Fairly-near-the-stage area: 2 wds.
29. Ms. Spelling
31. 'Pay' suffix
34. Level
36. Italy's li'l locale
38. Sports official
39. Two-dollar coins
41. NYC's Brill Building output: 2 wds.
42. "___ Got a Feeling" by The Beatles
43. Heath Ledger/Orlando Bloom movie, "___ Kelly" (2003)
44. Generic grocery store brand: 2 wds.
47. One-named male vocalist
49. Chills
51. Ranch in "Giant" (1956)
53. Currency in Romania
55. Ms. Jillian
57. Some CFL players
59. Ronny & The Daytonas smash
60. Old spy gr.

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today



4°/-3°
Partly sunny

Friday



1°/-3°
Flurries
70%

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